

## **Instructions for Care After Outpatient Laparoscopic Surgery (Gynecology)**

You have just had laparoscopic surgery in the Outpatient Surgery Unit. Self-care will be important for healing. You will want to understand and follow these directions:

1. You may well feel the effects of the anesthesia for the first 24 hours after surgery. You can return to your regular diet if you feel up to it. If you feel nauseated (sick to your stomach) gradually work your way back to your regular diet over the next 24 to 48 hours.
2. Do not drive for 24 hours after your surgery.
3. You will be given pain medicine. Be sure you know how often you can take it before you go home.
4. You can return to your regular activities after 48 hours, unless your doctor tells you something else. Avoid douches, tampons, and sexual intercourse for one week after surgery.
5. You may remove the dressing (bandaid) after 48 hours. You need to keep the wound clean and dry. If your clothes will rub your wound or if you might get dirt or dust on it at work, put on a clean bandaid.
6. You may shower 24 hours after surgery. Remove the bandaid first. When drying the area, pat dry or dry with a hair dryer. Do not rub the wound with the towel or washcloth. Do not leave a wet bandaid on the wound.
7. Check your wound at least once a day for these signs of infection:
  - Increased pain
  - Increased swelling
  - Increased redness or warmth
  - Any drainage (oozing)
  - Fever (a temperature higher than 100.4°) or chills
8. If you have any bleeding that soaks through the bandaid from the skin edges, put pressure on the wound for five minutes, then put on the wound for 15 minutes out of every hour for eight hours.

If you have been given medicine or ointment, be sure you understand the instructions you were given before you leave. Follow all instructions carefully.

If you have stitches that must be removed, you will be given an appointment to return in five to seven days to have them removed. At this time, the doctor will also see how well you are healing. Self-dissolving stitches are usually used to close the incision (cut). If you have self-dissolving stitches, you will be scheduled for a follow-up appointment about two weeks after your surgery.

If you notice any of the signs of infection listed on the other side, have any bleeding or oozing, or have any questions before your appointment, call the Women Veterans Comprehensive Health Care Center at (612) 725-2000, extension 2030, Monday-Friday, between 8:00 a.m. and 4:30 p.m. At any other time, Call Urgent Care at (612) 725-2000, extension 2771.

Content approval: Women Veterans Comprehensive Health Care Center

May 1995

Reviewed July 1997, March 1999

Revised July 2001, July 2003

Reviewed May 2005

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Minneapolis, Minnesota